

04/28/19		Cumbria Championships 2019																
Name	Team	Div	Bwt - kg	IPF Wt Cls	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	PI/Div/Cl/Event
Chris Lambe	Fortitude Strength	M-O	72.40	74	200.0	-242.5	-242.5	200.0	110.0	112.5	-120.0	112.5	200.0	215.0	225.0	225.0	537.5	1/M-O/74/PL
Martyn Wood	None	M-O	73.10	74	140.0	142.5	145.0	145.0	100.0	102.5	-105.0	102.5	180.0	182.5	-185.0	182.5	430.0	2/M-O/74/PL
William France	Nsouli Barbell	M-O	72.00	74	-125.0	125.0	135.0	135.0	85.0	92.5	-97.5	92.5	155.0	162.5	172.5	172.5	400.0	3/M-O/74/PL
Michael Roskell	None	M-O	73.70	74	172.5	185.0	190.0	190.0	-105.0	-140.0	-140.0	0.0	190.0	205.0	-225.0	205.0	0.0	
Jason Holmes	Nsouli Barbell	M-O	83.00	83	192.5	202.5	205.0	205.0	115.0	122.5	-125.0	122.5	210.0	220.0	-227.5	220.0	547.5	1/M-O/83/PL
Mark Retford	None	M-O	81.20	83	150.0	157.5	165.0	165.0	105.0	112.5	117.5	117.5	190.0	210.0	215.0	215.0	497.5	2/M-O/83/PL
Ian Shaw	None	M-O	83.00	83	190.0	205.0	215.0	215.0	60.0			60.0	220.0			220.0	495.0	3/M-O/83/PL
Tom Nicholson	Nsouli Barbell	M-O	79.60	83	155.0	165.0	170.0	170.0	100.0	105.0	110.0	110.0	195.0	205.0	212.5	212.5	492.5	4/M-O/83/PL
Ryan Lucas	None	M-O	81.50	83	175.0	185.0	192.5	192.5	87.5	95.0	-102.5	95.0	180.0	190.0	-197.5	190.0	477.5	5/M-O/83/PL
John Weaver	Freedom Strength	M-O	78.60	83	145.0	-152.5	152.5	152.5	95.0	100.0	102.5	102.5	175.0	182.5	190.0	190.0	445.0	6/M-O/83/PL
Ryan McClure	Nsouli Barbell	M-O	91.30	93	210.0	225.0	-235.0	225.0	-155.0	155.0	170.0	170.0	220.0	230.0	240.0	240.0	635.0	1/M-O/93/PL
Zac Wareing	None	M-O	91.20	93	190.0	197.5	205.0	205.0	127.5	135.0	-142.5	135.0	235.0	250.0	262.5	262.5	602.5	2/M-O/93/PL
Dan Casson	Casson Strength	M-O	92.20	93	200.0	212.5	220.0	220.0	120.0	127.5	132.5	132.5	220.0	240.0	-260.0	240.0	592.5	3/M-O/93/PL
Mathew Ashworth	Freedom Strength	M-O	89.70	93	172.5	180.0	190.0	190.0	105.0	110.0	-112.5	110.0	207.5	217.5	227.5	227.5	527.5	4/M-O/93/PL
Peter hodgson	None	M-O	86.80	93	160.0	167.5	175.0	175.0	-115.0	120.0	125.0	125.0	200.0	210.0	215.0	215.0	515.0	5/M-O/93/PL
Rob Wright	Casson Strength	M-O	91.80	93	160.0	170.0	175.0	175.0	100.0	105.0	-107.5	105.0	190.0	200.0	210.0	210.0	490.0	6/M-O/93/PL
Carl Johnson	Nsouli Barbell	M-O	88.60	93	130.0	137.5	-142.5	137.5	100.0	107.5	112.5	112.5	180.0	187.5	195.0	195.0	445.0	7/M-O/93/PL
Arron Withers	Fortitude Strength	M-O	92.70	93	150.0	155.0	160.0	160.0	92.5	-97.5	-97.5	92.5	160.0	175.0	177.5	177.5	430.0	8/M-O/93/PL
William Holmes	Fighting Fit	M-O	87.10	93	120.0	125.0	-130.0	125.0	65.0	70.0	-72.5	70.0	175.0	190.0	-200.0	190.0	385.0	9/M-O/93/PL
Jimmy Nsouli	Nsouli Barbell	M-O	99.80	105	190.0	202.5	-207.5	202.5	125.0	132.5	-137.5	132.5	225.0	237.5	245.0	245.0	580.0	1/M-O/105/PL
James Williamson	None	M-O	104.40	105	170.0	180.0	185.0	185.0	122.5	125.0	-132.5	125.0	207.5	220.0	227.5	227.5	537.5	2/M-O/105/PL
Liam Picken	None	M-O	98.40	105	180.0	187.5	-192.5	187.5	112.5	117.5	-120.0	117.5	205.0	215.0	220.0	220.0	525.0	3/M-O/105/PL
Shane Mcclarey	Nsouli Barbell	M-O	103.60	105	180.0	192.5	-200.0	192.5	107.5	-112.5	112.5	112.5	190.0	200.0	-207.5	200.0	505.0	4/M-O/105/PL
Tristan Murphy	Nsouli Barbell	M-O	101.90	105	145.0	152.5	157.5	157.5	80.0	87.5	-95.0	87.5	172.5	185.0	190.0	190.0	435.0	5/M-O/105/PL
Paul Bromley	Fighting Fit	M-O	102.60	105	-142.5	-142.5	142.5	142.5	100.0	-110.0	-110.0	100.0	165.0	185.0	-197.5	185.0	427.5	6/M-O/105/PL
Ryan Dean	Nsouli Barbell	M-O	118.70	120	220.0	230.0	240.0	240.0	172.5	180.0	-185.0	180.0	235.0	245.0	252.5	252.5	672.5	1/M-O/120/PL
David Murphy	Nsouli Barbell	M-O	117.50	120	172.5	180.0	187.5	187.5	110.0	117.5	125.0	125.0	210.0	220.0	227.5	227.5	540.0	2/M-O/120/PL
Martin McGimpsey	Nsouli Barbell	M-O	151.90	120+	-160.0	160.0	-180.0	160.0	190.0	-200.0	200.0	200.0	240.0	250.0	255.0	255.0	615.0	1/M-O/120+/PL
Gareth Crooks	West Cumbria PL	M-O	123.10	120+	-200.0	-200.0	200.0	200.0	140.0	145.0	-150.0	145.0	210.0	220.0	230.0	230.0	575.0	2/M-O/120+/PL
Brian Mcmeekan	Nsouli Barbell	M-G	121.50	120+	180.0	190.0	195.0	195.0	160.0	-167.5	-167.5	160.0	230.0	235.0	-237.5	235.0	590.0	1/M-G/120+/PL

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Name	Team	Div	Bwt - kg	IPF Wt Cls	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	Pl/Div/Cls/Event	IPF Points	Events Entered	
Emma Stott	None	FR-O	55.60	57	95.0	100.0	107.5	107.5	65.0	67.5	-70.0	67.5	130.0	145.0	-158.0	145.0	320.0	1/FR-O/57/PL	587.35	PL	
Leanne Barcock	Casson Strength	FR-O	53.50	57	70.0	75.0	77.5	77.5	40.0	42.5	-46.0	42.5	100.0	110.0	-146.0	110.0	230.0	2/FR-O/57/PL	420.63	PL	
Richard Gould	None	MR-O	58.00	59	87.5	-96.0	-96.0	87.5	60.0	65.0	70.0	70.0	115.0	125.0	132.5	132.5	290.0	1/MR-O/59/PL	335.45	PL	
Ashley Wilkinson	None	FR-O	61.30	63	100.0	105.0	110.0	110.0	55.0	60.0	-62.5	60.0	120.0	130.0	137.5	137.5	307.5	1/FR-O/63/PL	537.15	PL	
Fleur Harker	Casson Strength	FR-O	61.80	63	92.5	100.0	-107.5	100.0	60.0	62.5	-66.0	62.5	120.0	127.5	135.0	135.0	297.5	2/FR-O/63/PL	517.07	PL	
Michelle Lloyd	None	FR-O	62.00	63	85.0	92.5	97.5	97.5	50.0	55.0	-60.0	55.0	110.0	117.5	125.0	125.0	277.5	3/FR-O/63/PL	480.26	PL	
Alison Parkinson	Casson Strength	FR-O	61.70	63	105.0	110.0	-112.5	110.0	35.0	-37.5	-37.5	35.0	105.0	115.0	-122.5	115.0	260.0	4/FR-O/63/PL	449.66	PL	
Toni Hughes	None	FR-O	60.80	63	80.0	82.5	-90.0	82.5	42.5	45.0	47.5	47.5	105.0	110.0	115.0	115.0	245.0	5/FR-O/63/PL	425.19	PL	
Emma Dunne	None	FR-O	61.70	63	70.0	80.0	90.0	90.0	40.0	45.0	-50.0	45.0	80.0	92.5	102.5	102.5	237.5	6/FR-O/63/PL	408.99	PL	
Carly Gowland (Guest)	Guest	F-G	61.00	63	75.0	82.5	85.0	85.0	47.5	50.0	-55.0	50.0	-117.5	122.5	-127.5	122.5	257.5	1/F-G/63/PL	393.39	PL	
Susan Sabuda (Guest)	Guest	F-G	59.50	63	55.0	-60.0	-60.0	55.0	40.0	45.0	-50.0	45.0	90.0	95.0	100.0	100.0	200.0	2/F-G/63/PL	331.57	PL	
Alex Meighan	Fortitude Strength	MR-O	64.00	66	-166.0	155.0	157.5	157.5	90.0	95.0	-97.5	95.0	155.0	162.5	-166.0	162.5	415.0	1/MR-O/66/PL	474.09	PL	
Shane Bowman	Nsouli Barbell	MR-O	64.60	66	142.5	147.5	152.5	152.5	77.5	82.5	85.0	85.0	155.0	165.0	170.0	170.0	407.5	2/MR-O/66/PL	460.36	PL	
Florence Henriksen	None	FR-O	69.10	72	100.0	107.5	112.5	112.5	52.5	55.0	60.0	60.0	130.0	137.5	142.5	142.5	315.0	1/FR-O/72/PL	521.91	PL	
Netty Hall	Nsouli Barbell	FR-O	81.90	84	130.0	137.5	-142.5	137.5	72.5	-77.5	-77.5	72.5	130.0	137.5	142.5	142.5	352.5	1/FR-O/84/PL	544.87	PL	
Hannah Nicholas	Fighting Fit	FR-O	78.20	84	105.0	110.0	-116.0	110.0	57.5	60.0	62.5	62.5	125.0	135.0	140.0	140.0	312.5	2/FR-O/84/PL	492.12	PL	
Sara Ward (Guest)	Guest	F-G	79.20	84	132.5	142.5	147.5	147.5	70.0	75.0	-82.5	75.0	120.0	130.0	140.0	140.0	362.5	2/F-G/84/PL	464.46	PL	
Kyla Oak (Guest)	Guest	F-G	83.70	84	132.5	142.5	-147.5	142.5	57.5	62.5	-66.0	62.5	152.5	162.5	-170.0	162.5	367.5	1/F-G/84/PL	460.82	PL	
Ann Williamson	None	FR-O	81.00	84	87.5	92.5	95.0	95.0	42.5	-47.5	47.5	47.5	105.0	110.0	-112.5	110.0	252.5	3/FR-O/84/PL	392.75	PL	
James Clarke (Guest)	Guest	M-G	90.70	93	177.5	187.5	197.5	197.5	125.0	132.5	140.0	140.0	190.0	205.0	215.0	215.0	552.5	1/M-G/93/PL	449.21	PL	
Jack Curtis (Guest)	Guest	M-G	89.70	93	150.0	160.0	-170.0	160.0	120.0	127.5	-136.0	127.5	195.0	205.0	215.0	215.0	502.5	2/M-G/93/PL	416.37	PL	
Samuel Watt (Guest)	Guest	M-G	104.80	105	300.0	315.0		315.0	165.0	182.5	-187.5	182.5	300.0	320.0	340.0	340.0	837.5	1/M-G/105/PL	602.68	PL	
Dean Dyble (Guest)	Guest	M-G	96.60	105	150.0	155.0	160.0	160.0	110.0	115.0	120.0	120.0	205.0	215.0	220.0	220.0	500.0	2/M-G/105/PL	398.49	PL	
Lizzy Terry	Fighting Fit	FR-O	96.60	84+	140.0	147.5	152.5	152.5	60.0	62.5	65.0	65.0	160.0	-170.0	170.0	170.0	387.5	1/FR-O/84+/PL	561.52	PL	
Roslyn Lindow	None	FR-O	100.70	84+	130.0	140.0	145.0	145.0	55.0	65.0	-70.0	65.0	135.0	145.0	150.0	150.0	360.0	3/FR-O/84+/PL	515.02	PL	
Jennifer Wright	Nsouli Barbell	FR-O	111.60	84+	120.0	-130.0	135.0	135.0	70.0	75.0	-77.5	75.0	140.0	150.0	160.0	160.0	370.0	2/FR-O/84+/PL	510.54	PL	